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A. Dissertation

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on

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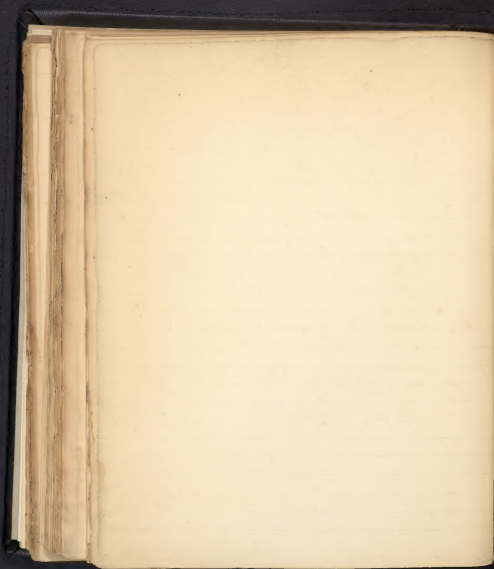
Dyspepsia

By

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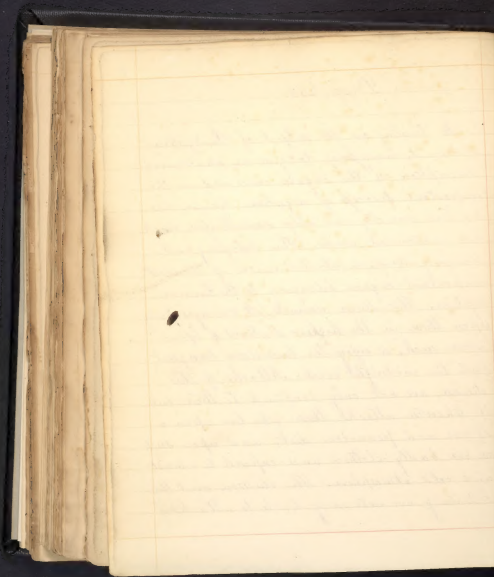
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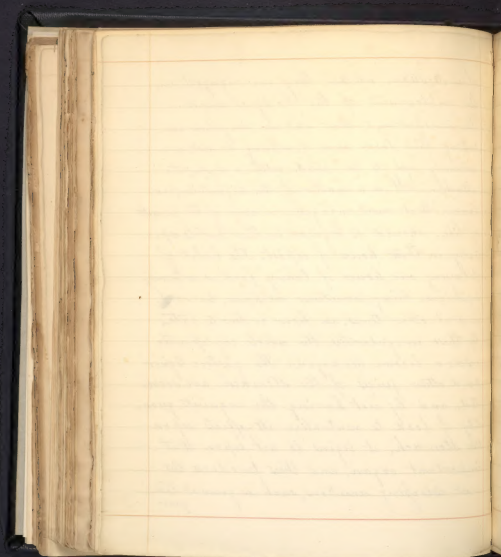
Dyspepsia

In treating on the subject of Indigestion I deem it, unnecessary to give an anatomical description of the organs concerned in the important process of digestion, because, this has been correctly and ably demonstrated in all our anatomical works. This distressing and harassing disease, is situated in one of the most important organs belonging to the human system. This disease commits its ravages chiefly upon those in the higher stations of life, upon such, as enjoy the luxurious banquet and the midnight revel. Attacks of this disease, are not only confined to these, but it likewise attacks, those who live upon a spare and penurious diet, and upon such as are badly clothed and exposed to a moist and cold atmosphere. The studious and the sedentary are extremely liable to attacks of



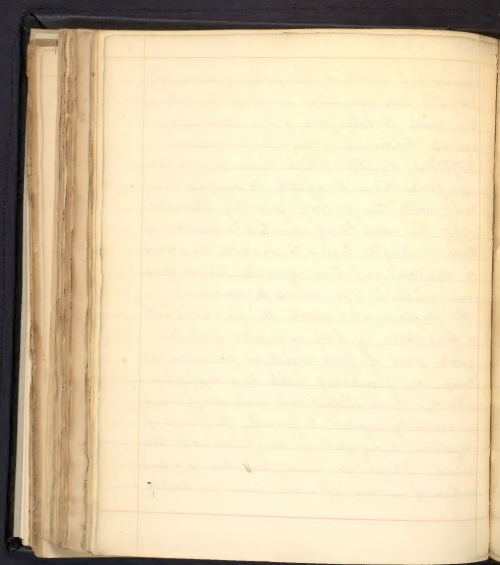
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of indigestion, whether they are engaged in the employment of the body or mind.

The indolent and those who are irregular in taking their food and of retiring to rest, are extremely apt to be visited with a dyspeptic attack. It is a matter of the highest importance, that men engaged in any of the pursuits of life, should be regular in their habits, especially, in their hours of repast. The habit of delaying our hours of taking food is extremely injurious, being, sometimes an hour, too soon, and at other times, an hour or two too late. By these irregularities, the whole chylificative viscera become deranged. The gastric liquor and other juices of the stomach are secreted, and by not having the requisite quantity of food to neutralize its effects upon the stomach, it begins to act upon that important organ, and thus produces the most distressing sensations, such as general languor

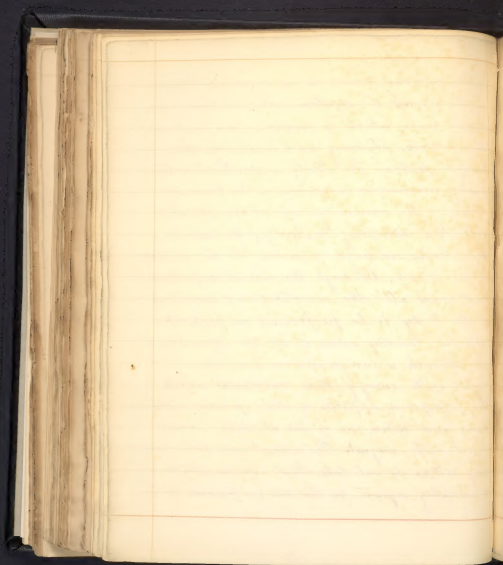


languor and debility of the system, desirous of correcting these disagreeable sensations, the sufferer is induced to take some of the stimulating articles, before his meals, This produces an artificial appetite, which causes him to take more food than is requisite to supply the body with the proper quantity of nourishment; this excess being repeated a number of times, at length, begins to weaken the powers of digestion, and thus aggravates the very disease, which he is so desirous to remove.

The studious, who devote the greater part of their time, by day and who pass the greater part of their nights, at the midnight lamp, are peculiarly liable to a dyspeptic attack. In the student that vital energy which is absolutely requisite to promote the process of digestion, is engrossed by the operations of the mind. We are all aware that there is a derivation of nervous influences from the centre



of the nervous power, to the organs concerned in the process of digestion, after we have taken a full meal, which is evinced, by a tendency to dozing, shivering and incapacity for mental exertion. The sturdy agriculturist or the hardy mariner, or indeed any of the labouring classes of the community, are seldom attacked with this distressing malady, the exercise their bodies undergo, promotes the circulation of the blood, through the minute capillaries and causes all the secretions and excretions of the body to be performed in perfection. By the healthy action of all the different parts the stomach is invigorated and enabled to digest with energy, those substances which the pampered appetite of the epicure or the weak and choice one of the student, would reject with disgust. The student and the journeyman artisan do not take that exercise which is absolutely requisite for the due performance of



of the functions, or even enough to cause the mind
 to circulate freely, and that when the mind
 is not duly or healthily performed, or even
 when secreted, they are either diminished in
 quantity or impaired in quality, and as this
 rendered is capable of exercising their operation
 upon the food. It must be evident to the most com-
 mon observer, that when the mind is intently
 engaged either on subjects of deep interest or
 when it is troubled with anxieties or forebodings
 of approaching evil, that the appetite is
 totally lost; they have no secretions; and
 when it is taken either of their own accord
 or at the strong and repeated solicitations of
 their friends, because it is thought necessary
 for the nourishment of the body, the mind
 as is weakened, that they are incapable of
 acting on the food, it then remains in the
 stomach until it is putrified, and it is then
 sent out of the body as putrid matter, and it is then
 sent out of the body as putrid matter, and it is then



even the stomachs do not act properly
 when commenced, producing acids and
 gases. The stomach is highly susceptible
 of the action of the most acting
 remedies, with even more action
 a light. A list of the diseases are very
 numerous and various, such as leucorrhoea, scurvy
 and stercoraceous, and living in luxurious
 and indolent manner; eating all kinds of the
 most indigestible food, debilitating the powers
 of the stomach, by an excessive use of acids
 and fermented liquors, the immoderate use of
 spices, either in chewing smoking or snuffing,
 the excessive use of opium, tea, coffee and
 acids and aromatics, frequent vomiting;
 bitter hot or cold liquors taken to excess.
 the frequent use of medicines, when there is no
 real necessity, and not taking that exercise
 which is absolutely necessary for all the actions
 of the body to be carried on in perfection.



occurs both as a primary and secondary
 cause of the disease. the present process and
 symptoms are the same as in the primary form
 upon the stomach, and of course and reason
 by it, there must be some hidden
 or unremoved by the patient or the physician,
 which was the cause of the disease. and it is
 sufficient to produce the violent acute malady.
 The symptoms produced in the case is uncom-
 mon, and extremely dangerous. It is usually pro-
 duced by the attack, and the disease, causes
 and sometimes vomiting are sometimes flatu-
 lence and distention, pain in the stomach, and
 anxiety, nervousness and depression of the spirits, pal-
 pitation of the heart, difficult respiration, shiver-
 ing and various degrees of the disease may
 be observed. There are some other unusual
 symptoms, as pain in the breast, side and head
 disordered vision, vertigo and sometimes
 inverted, blindness and suspended animation of



of the heart, from violent palpitation, affluents
sometimes deficient and sometimes excessive.

When the exciting causes produce these sym-
ptoms, in sufficient number; then it is, that
the patient's life begins to be rendered miserable
to himself and others, he complains incessantly
his friends are wearied of hearing him, they
think that he can, faints and disease are
imminent, when, in reality, it is an affec-
tion of both body and mind, caught on
in a diseased state of the cerebro-spinal system.

It is the duty of the doctor to comfort the
patient to complain,
He should live with attention to his
sufferings and complaints, and to exert
his power in his relief; only
in a case such as this, his patient becomes a burden
to himself and friends. The disease
takes firm hold on the system and the
patient rapidly emaciates. The constitution soon



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sinks, and the unhappy sufferer at
length falls a victim to the most agonizing
suffering. Dyspnoea is a disease which so
enervates even power, both of the body and
the mind, that the subject of it has no time
to take that exercise, which is absolutely neces-
sary. Exercising would throw all the powers
of the body into action, the blood would cir-
culate freely, throughout the arterial, venous and
capillary systems, the motions of the stom-
ach and the other abdominal viscera, as
also the function of the skin and other ex-
cretions of the body would be kept going,
performed, and by continuing this exercise
the patient would recover his wonted cheer-
fulness and flow of spirits in a short time.
But the Dyspnoea is almost so frequent, that
he has no time to exercise, and unless his
friends insist, he never will, and the inevitable
consequences are that he will die.



and just will that in those cases it
 justifies the use of opium in the
 treatment, and in some cases the
 use of a small quantity, combined with
 the most powerful and specific antacid
 the first symptom of indigestion, is produced, by
 a want of acids the want of which debilitates
 the stomach, and interferes with the digestion;
 the stomach suffers from loss of tone, and the
 whole body of poison, with this important
 organ, from its extensive nervous influence,
Indigestion is produced by a diseased state of the
stomach and its secretions, which is continuing
 as to prevent at length its restoration, which if
 continued for some time, debilitates the stomach
 and consequently other parts of the system.
 that unless it is relieved, it will of itself a
 severe disorder in its most aggravated form.
 In the simplest indigestion, and in the
 most advanced stage of the



[illegible]



more incapable of digesting digestion.

Laemargia and pain in the stomach, are also very disturbing. These symptoms are produced by accumulation of acid in the stomach, it is frequently produced by an accumulation of spiritus, which overflows the acid contents of the stomach in contact with its capillary surface, and is a burning sensation in the stomach. This is not a very common complaint, but it frequently sets the full on edge and is a ruin to the health.

The pain of the stomach is to be removed by the action of the acid and the accumulation within, and thus upon to remove. The first step is to remove the acid, and thus from the stomach, being impeded in its motion by the accumulation of spiritus in the stomach.

The affection of the stomach is considered as a complaint, and the stomach, and thus comes to a complete cure, and is a ruin to the health.





The vomiting comes on the expense of digestion
 and is performing their due functions.
 The liver becoming disordered, the bile is
 secreted as that is secreted as a natural pro-
 perty of the alimentary canal in whatever cir-
 cumstances it imparts to the food, &c.
 The aliment is then the natural colour of green
 and becomes of a greenish white, as it is rejected
 from the body, dark colour, and it is rejected
 in a dark state. It must be noted to every
 one, that when the secretion of the bile is thus
 disordered, the colour must be in a very dark
 and even dark grey, greenish and such a color
 as must be given the food in this unhealthy
 situation. The gastric juice is either as usual
 or it is more abundant, incapable of exerting
 its twofold and distinct power upon the food
 that it remains in the stomach as an enormous
 mass, there to ferment & to rot, as
 to nature, & the parts as they are & thus form



immediately to be examined to see if the
 abdominal cavity, peritoneum, & other
 the intestines & cause of the disease
 here it was but slight & of course
 not causing the most violent inflammation
 and swelling, leastly affecting the
 ends. If this were the case, it had
 made up the other organs is not
 of the physician, the disease is
 to some extent, up to the end of the
 minute in examination is done at the
 important disease. To be of the
 more considerable phlegm is one of the
 the source of the lungs, the lungs are
 want of attention and finally the
 the whole being a most serious
 the disease and the lungs are
 sometimes the abdominal cavity is
 caused, the disease is applied to its
 cardiac or phlegm, being in the



action is a result of this excited state
 of the system. The patient becomes unable
 to resist or resist has ceased as a reflex
 action to a certain condition. Thus sym-
 pathetic influence of the stomach the great
 source of irritation to the thoracic and
 abdominal viscera. A length produced
 local disease, independent of the influence of
 that important organ. These local diseases
 prove sometimes of a salutary value by causing
 a deviation of the stomachic to the local
 disease, thereby giving the stomach time to
 recover and to reorganize itself by rest.
 But these local affections must be attended
 to as they may prove equally as obstinate as
 the original affection. The treatment of this
 obstinate and intractable malady has what
 times been extremely difficult and per-
 sisting, when to aid in particular have
 not sufficient means to remove the cause



of the super-recedis for a sufficient
length of time to be seen, he is obliged to
of himself, and he has not at the present
to resist the temptation of these
artificial, which have brought on his infection.
He overloads his stomach with these kind of
foods, which are absolutely forbidden by his
physician, and again relapses into his
old habits of dissipation and intemperance, and
this course will in a short time wear him
of the reproduction of his old manner.

In the commencement of this disease, the
patient, generally complains of a sense of
weight and oppression, about the stomach,
where it is to be ascribed to the accumulation
of indigestible matters in that organ.

The disease is also attended with a
feeling of a great heat, and the patient
is sometimes, that he feels a great
degree of heat, and a great degree of heat.







twenty or thirty drops may be given twice
three times a day in the form of pills.

When a mixture of powder is given, it is
best to mix it with sugar as to be rejected, it is
it is rejected by the stomach, and it is
a good practice; the chalk mixture, mixed
with oil of lemon, and it has so extensive
combined with oil of olive, and the proper
mixture. This compound is best in the morning
is the best time after dinner, but it is best
to keep the bowels in a soluble state, as also
to exert a peculiar influence on the stomach
of a relaxing and alterative nature.

Having raised the alimentary canal, as
shown, and as it is best to be avoided
in the exhibition of pills, for the reason
that, the intestine is relaxed, and it is best
thought by some to be of service, as a
time of the day, morning, & evening, and it is best
to be avoided, as it is best to be avoided.



and such is to be repeated upon repeated
 occasions and particularly recommended by Dr.
 Chapman. The soap is given in infusion or tincture,
 the ginseng is exhibited in infusion, pills or extract
 two or three times or the infusion several times
 a day. Mineral tonics are considered the best
 the preparations of iron are preferable, the Sulphur
 is given in doses of ʒss with a little
 ginger, three or four times a day. When there is
 much consolidation the bowels to be kept open
 is necessary, the following is an excellent formula.
 Rubis Tur ʒij. Rad. Fen. ʒij. Root Aurant. ʒij
 Port wine Cii, digest for three days. Take ʒss
 three or four times a day. The Sulphur is
 is a real and effectual remedy, ʒi made into xxx
 pills with Gum Arabic: Dose two or three, three
 or four times a day. The mineral tincture of iron
 is an excellent preparation, when the vomiting
 excited by this does not the remedy given for its
 relief, is essential, to caution, Spick capsules are



and is administered, and is better applied
 to the abdomen. The rectum sometimes has a
 effect upon the bowels, when they are in a relaxed
 state, and this agrees with the antispasmodic
 nature, with direct a tendency to increase motions
 of the bowels, in those who have been long
 The rectum is a canal, and is a
 muscular bag, and the rectum should be taken
 in a state of relaxation, and repeated exercise,
 with a few drops of sweet spirit or ether. Vomiting
 may be checked by sulphuric acid and conserve
 rose and peppermint water strained, in the
 future of this, a pill of opium and camphor is to
 be tried. When in connection with the vomiting,
 there is tenderness of the epigastrium, belching
 and blistering, are the proper remedies. From two
 to four grs of the diacarb powder of Opium given
 every Six or eight hours, appears to have a
 peculiar effect in allaying irritations atten-
 ding indigestion, which may in some measure



to attributed to its action on the skin, it is
 also adapted to these cases - cany not meet out
 as an excretion in this condition, the liver
 with cardiasia which affects dyspeptic persons
 and which at times almost entirely hinders
 and which even prevents the use of food, from
 its tendency to become acid, so to be relieved in
 the exhibition of the alkalies and absorbents,
 as the tart. tart. or Calc. soap. When water
 is an excellent remedy, as it acts as an absorbent
 and an antacid, and counteracts the acid, with
 which it forms a neutral salt, so that it is
 carried out of the system. Lime water and
 milk, and the prepared starch stools, are
 those that is a capital in both - does not and
 is considered as useful, the tart. of rhubarb may
 be prescribed. The following is an excellent as well as
 present remedy & tart. of Calc. sig. Comp. Sp. of
 Liniment sig. Each. 50. 50. 100. 100. 100. 100. 100.
 Opium xxx. 100. 100. 100. 100. 100. 100. 100.



The ... has proved a powerful remedy in ...
 live out ... in ... just
 to ... to his ...
 ... water, found it to ...
 around it ... is to be given several times a day
 after eating. The effect of these remedies are generally
 immediate, but the use of them must not
 be abused, for they have often proved injurious.
 The administration of sulphuric acid has proved
 advantageous in ... when ...
 not to be obtained by the usual ... water
 ... water ... The ...
 is often ... by ... The ...
 with use of the ... has always proved a
 fruitful source of this disease. ...
 ...
 ...
 ...
 ...
 ...
 ...
 ...
 ...



not in combination with the juice of the taloe
 common a part of it is sometimes accidentally
 taken into the stomach, & there affects the
 vessels and increases the circulation and produces
 a peculiar kind of intoxication; thus we its
 baneful effects upon some persons, that after
 cleared, sweet as it is, is first before we take it
 the appetite. Of late we have seen some
 persons a great number of individuals. It is
 having continued for some time previous to the
 important parts of the body, the liver, pancreas &c
 often are sympathetically affected, & thereby exert
 its peculiar salutary influence on the system in the
 disease of the stomach. Exhibited in minute doses, as
 is generally at manifest its alterative powers.

The taloe has been highly recommended in this stage
 of the disease, and it has been found to act like a
 charm with some, in allaying a violent secretion of
 bile, & a little vom. but to others it has proved
 disagreeable, inasmuch as it has altered the



The bilious secretion from an apparently healthy to
 to a diseased state. This preparation of mercury
 is so agreeable to the stomachs of some, that
 it can not be retained in the most minute
 doses, for such the exhibition of calomel in an
 emulsion does, proves an excellent substitute. Calo-
 mel combined with Opium is more apt to rem-
 ain upon the stomach. The dietetic part of the
 treatment of this disease is all important,
 indeed it is so important, that cures of this
 sort as the sedentary and studious, have been
 effected alone by a well regulated nutriti-
 vious diet. It is worse than useless for the prac-
 titioner, to attempt a radical cure of this affec-
 tion, where the patient has not another wish
 to eradicate this disease - his constitution.

The diet of the dyspeptic should consist of a mixture
 of a mild, nutritious and easily digestible
 nature, such as contain a large supply of nutri-
 ment in a small compass, as is to be seen.



the stomach by its weight or to create pain by unnecessary distention. From its quantity, we read as
 advised a single dose of medicine under the full
 and firmly resolve to abstain from all those
 articles which he has I think found to disagree with
 his stomach. The aliment should be of such a
 kind, as to produce neither morbid irritation or
 distention of the stomach. Eating too fast and
 too much without properly masticating, is often
 the cause of distention. All those articles which
 are apt to undergo the acrid fermentation
 those which produce flatulency and those which
 irritate the alimentary canal are to be avoided.
 We should abstain from all high seasoned
 food, as also from all spicy, volatile, oily,
 soups, which are deleterious not only on account
 of the richness of their flavour and of
 their oily flatulent and indigestible nature
 but because they produce an unnecessary disten-
 tion, and by their liquid nature they so



dilute the gastric liquor; that it has not
 that power to act upon it, as when solid
 food, for there the stomach contracts upon the
 contained mass, and the gastric liquor acts upon
 successive layers, which as they undergo its solvent
 power, are removed by the muscular coat of
 that important organ, so that new layers of food
 are constantly exposed to its action, until the
 whole is duly acted upon, and sent to the
 duodenum. Salads of a watery nature are
 not innocuous articles, divested of their gluten
 and all tough, vegetable, acriscent articles are
 to be prohibited, excepting the orange and
 strawberry, all the cold and acid fruits, have
 proved very indigestible, Melons and cucumbers
 are to be particularly avoided, Muscigerous
 fruits, such as pear and goose berries are also in-
 jurious. The stone fruits are thought by writers on
 this disease to pass to much ferrous acid;
 but all this depends in a great measure upon



and the peculiar constitution of the individual
 some being benefited by those spirits and others
 injured. But under persons are aware that they
 are not injured by those spirits, it is best to
 abstain from them, as they destroy the tone
 of the stomach, by producing distention and
 flatus, windiness the nauseous fumes, excess in
 eating and drinking must be strictly avoided
 and the alcoholic preparations are decidedly in-
 jurious in as much as they produce an unnatu-
 ral and unnatural stimulus to the stomach.
 These causing the power absorbed to the use of
 sweet and agreeable the stomach with action
 which is to much is light. This stimulus
 when repeated, after some time has been used
 begins to excite unusual action on the stomach
 which acts explosively on the pain produ-
 cing a train of nervous symptoms which are
 of the most distressing character. The deleterious
 effects of acrid spirits on the digestive organs



are so well known, that it is almost useless to make any remark on that subject. I will mention a case by way of example. A few years since by dissection that the volatile parts of the spirits are transmitted to the brain. A case is related in a late medical work, where a labourer had bet a wager that he could drink a quart of gin. This he effected, but in fifteen minutes he fell a sacrifice to his humanity. On dissection his lungs exhibited no marks of organic lesion, but on opening the ventricles of the brain, the odour of the gin was distinctly perceptible, to all the bystanders. Other cases of equal intemperance might be related, but the above case is sufficient to illustrate the various effects of alcohol. The continued abuse of ardent spirits begins to affect in an alarming manner the coat of the stomach. The curdles and pyloric orifices become inflamed, schirrhous, ulcerated and even cancerous or gangrenous and at length the devoted victim, becomes so enervated and debilitated



that the stomach is not very much affected at
 first by the disease. The general rule will
 depend on the injuries. The most frequent source
 of such cases is the stomach, from the fact
 that the organs are perfectly, almost combined
 with the stomach, affected with the brain and
 stomach, the stomach is very much affected
 from which is entirely the most important point
 for they are not aware that the stomach is not
 the stomach, from which is not to be said, but
 they think the system gives too much, which dis-
 tinct. There have sometimes been injuries to the
 digestive organs. I have spoken of such injuries as
 are known to produce injuries to the digestive system
 and through them to the whole system.

I shall now endeavour to point out some notions
 of diet for the dyspeptic. The diet should consist
 of solid, nutritious and digestible articles, such
 as well cooked meats, broths &c. This only
 and fat portions. The most of diet is to be



found that of our animal food it is
 more nutritious and less nauseous, for this
 reason beef and mutton are so preferred to
 veal and lamb, the flesh of game is particularly
 suitable for the dyspeptic, because it is more digest-
 ible and is perhaps more nutritious than that of
 domestic animals. I am, Southbridge and Bristol
 are particularly apt to be prone to gastric weak-
 ness. The whole meat of domestic fowls
 I found to agree very well with persons thus
 affected; these fowls such as geese, turkeys
 are very strong and oily food, and have un-
 usually proved of an invigorating nature.

Individuals harassed by indigestion should be medi-
 cated in the use of bread, especially rye bread,
 stale bread is not so indigestible, the brown or
 rye bread is preferable to other preparations of this
 kind. The whole of these facts show that a diet
 easily assimilated by the gastric juice, &c. is not
 suited to some but others object to them, and



and take care that they furnish the supplies
 which are necessary to the rest of the State
 from these contributions. I suppose that there is
 a certain amount of money payable to the judges
 and his officers, with such as they may, but
 may be taken a receipt with a list of the
 articles, the tobacco, wine, sugar, must
 be taken, so as to be a receipt of payment or
 satisfaction, but care should be taken never to
 go to bed with an empty stomach, because of the
 no injurious. It could be used and abused and
 commuted, the list of prohibited articles, and
 such as are proper but as it would increase
 by us than this treaty, I shall abstain from
 further saying, editorial or didactic treatment
 according as it is to the respective. I would not
 wish to mention, to some of the numerous water in
 places in the country; some of Saratoga are highly
 spoken of, and there are others in the county
 that deserve a trial. Mineral waters are



powerful remedies in this disease. It usually
 is resisted by nature and the patient is in a state
 of anxiety, combined with the powerful
 influence of sleep, company, and the presence
 of a few kind friends, who are always present.
 The bright sun of his prospects to him
 is such in his affairs and his speedy situation
 in health. It is then means combined from a long
 struggle with the system and to produce a speedy
 recovery. If the patient has passed, however, after
 such a short recovery, the bath should be from 16
 to 18 and be particularly warm, spirit bathes stim-
 ulate and communicate heat to the skin, which
 is generally cold, owing to the sympathy with
 the diseased viscera. Calomel is a powerful ad-
 juvant in this affection of the system, and
 it is not to reach in the patient and the patient,
 I must, in some cases, be in a few days, it
 is a matter to consider in the mind, some
 occasionally, and sometimes, the most effective



to take it in some other way, such as, swinging, dancing, throwing weights, The moderate use of stimulants, may likewise be resorted to, such as Madia, Port, Sherry; if these disagree, a little brandy and water may be substituted. Remedies will prove unavailing, unless the patient desert his old habits, he must leave the impure atmosphere of the crowded city, desert the ball room, as also the rich banquet and sparkling bowl. All public assemblies, where the atmosphere is contaminated, and the mind excited, are to be sedulously avoided. He must quit the midnight carnival, as also his sedentary and studious habits, and resolve to be temperate in his diet, he must retire and rise early, as nothing is more debilitating, than protracted sleep. Unless the dyspeptic thus regulates his conduct, it will be useless for his physician to prescribe, and he must eventually be allowed to brood over his misfortune, and at length fall a victim to his unrelenting foe.

The first of these is the fact that the
 system of the world is not a simple
 one. It is a complex one, and it is
 one that is constantly changing. It is
 a system that is not only changing
 but is also being changed by the
 actions of the people who live in it.
 This is a fact that is often overlooked
 by those who look at the world from
 a distance. They see the world as a
 static entity, one that is not
 changing. But the world is not static.
 It is a dynamic entity, one that is
 constantly in flux. It is a world that
 is being shaped by the actions of
 the people who live in it. And it is
 a world that is being shaped by the
 actions of the people who live in it.
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 a world that is being shaped by the
 actions of the people who live in it.

Self-employment program

1971 Jan

30 bet 1st line

improvement of syllable p. 34